

FREMONT SENIOR CENTER GAZETTE

FEBRUARY 2014

Wellness Corner!!



Ah, yes! Betty Grable “Gams”

*Do you have Tired, Achy, Painful Legs?
Are you experiencing swelling and/or
skin changes on your legs?
Do you have varicose veins?*

Leg Health and Pain Management Seminar
Thursday, February 27, 2014
11:00 am to 12 noon

Come to find out how to maintain or *regain* healthier legs. Sign up in the office for this informative seminar given by local vascular specialist, Dr. Hardeep Ahluwalia. There are non surgical treatments available that can quickly relieve and rejuvenate your legs and are reimbursed by Medicare. **Snacks will be provided.** RSVP to the Senior Center or Deborra Lay 510.790.6602

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**Do you have High Blood Pressure (140/90 or over) or
a “Pre-Diabetes” or a Type 2 Diabetes diagnosis?**

Alameda County Public Healthy Dept is offering free management classes on keeping you healthier here at the Senior Center. In these classes you will learn how to prevent and manage your condition. Enjoy the food you love and still control your symptoms. Classes meet on **Wednesdays (Hypertension) or Thursdays (Diabetes) 10 am to 12 noon!** Sign up in the office or call 510.790.6602 to register!



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**AARP FREE TAX PREPARATION
AT THE FSC on TUESDAYS AND
THURSDAYS STARTING
FEBRUARY 4th!**

AARP Foundation [Tax-Aide](#) volunteers offer free, individualized tax preparation for low to moderate income taxpayers - especially those 60 and older. Specially trained volunteer tax specialists help taxpayers obtain all the tax deductions and credits they're entitled to — **absolutely free!** Some restrictions on types of tax returns apply. Call the Senior Center for an appointment- 790.6600.

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**SENIOR CLIPPER CARDS AND
TRANSPORTATION INFORMATION AT THE
FREMONT SENIOR CENTER**

**Are you a Fremont, Newark or Union City senior
(65 or older) or a person living with a disability?**

*A transportation specialist will be at our Senior Center
every 2nd Thursday to answer questions on:*

- How to use AC Transit or BART
- Alternatives available to you if you no longer can drive or take public transit
- Renewing your driver's license
- How to obtain a DMV Disabled Parking placard
- Sign up for Travel Training
- Or address ANY transportation need you have

Sign up in the office for appointments today!

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FSC Day Trippers! Plan your next trip for:



“IN THE MOOD” a musical!

Wednesday, March 5, 2014

\$103.00 m 108.00 nm

In the Mood is a fully staged tribute to Glenn Miller, Tommy Dorsey, Benny Goodman and

all the big band greats of the '40s. Complete with period costumes and choreography, *In the Mood* pays homage to America's greatest generation, when people listened and boogied to up-tempo big band rhythms and danced intimate ballads. We'll have lunch at Lone Tree Golf Center then on to the show at El Campinili Theater. Sign up by FEBRUARY 19th! Flyers in the office or call 790-6600.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Help Line - Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2041
Senior Peer Counseling.....	574-2041
Caregiver Support Program.....	574-2041
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Fall Prevention Program.....	574-2087
Friendly Visitor Program.....	574-2097
Travel Escort Program (VIP Rides).....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
AL-ANON HOTLINE.....	276-2270
ALZHEIMER'S ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
ARTHRITIS FOUNDATION N. CALIFORNIA CHAPTER.....	1-800-464-6240
BACS ADULT DAY CARE CENTER.....	656-7742
CITYSERVE COMPASSION NETWORK.....	796-7378
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOUSING ASSISTANCE (FREMONT OFFICE OF HOUSING & REDEVELOPMENT).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINI.....	770-8133
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR CENTER WITHOUT WALLS.....	1-877-797-7299
SOCIAL SECURITY.....	1-800-55A-1213
TRI-CITY ELDER COALITION...www.tceonline.org or.....	574-2030

Builders Fund General Meeting!

Wednesday, February 5th

The annual general membership meeting of the Fremont Senior Center Builders Fund will be held **Wednesday, February 5 at 1:00 in the A Wing.** At this important meeting we will be electing people who will serve on the Board of Directors for the next 2 years. If you are interested in serving as a board member, please contact Susan Peters, President, at 510.656.6848.

If you have not made your annual contribution to the Builders Fund, please do so today and be eligible for these prizes! Regular memberships are only \$5.00 annually or \$50.00 pp for a lifetime membership. Or pick up a SHARES card if you shop at Lucky or Food Max.

There will be several door cash door prizes for members in attendance. **(You must be present to win any of the prizes!)**

NOTE: The Builders Fund is the Senior Center's Non-Profit Organization. The money from this fund is used for programs and enhancements to/for the Fremont Senior Center and the seniors who use the center. The Board of Directors meets on a monthly basis and presides over the distribution of the funds.



Valentine's Day Luncheon
Friday, February 14th
12 noon

Join us for a special luncheon lovingly prepared by Chef Ron and Chef Jeff-Don't miss out! Tickets available now!

Fremont Senior Center Seventh Annual Crab Feed!

Friday, February 21st

Dining room doors open 6 pm

No Host Bar & Raffle Review

Opens at 5:30

At Emeritus (Merrill Gardens) Fremont
All you can eat Crab, Pasta, Tossed Salad,
Garlic Bread, Dessert, Raffle,
& More!

\$45 per person

Proceeds from this annual fundraiser go directly to the Fremont Senior Center for its meals and programs and the Crab is delicious!!!

Make reservations now before it sells out!
Come to the Senior Center Office, or call
Linda Olla, 790-6606 or
Deborra Lay 790-6602.

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February Birthday Party

Friday, Feb. 14th
at 1:00

Entertainment by

THE FREMONTAIRES

Fremont Senior Center's favorite band is back by popular demand! It doesn't have to be your birthday to hear great music and enjoy live entertainment! It's all free thanks to the Builder's Fund! Cake, ice cream and presents for the "birthday babies" after the entertainment! Everyone is welcome so please bring a friend! *Special thanks to Chapel of the Roses for the birthday cakes and Builders Fund for funding for our entertainment.*



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.